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2 An exercise machine comprising
3 a support frame having a base and side portions;
4 a seat portion pivotally mounted on said support frame;
5 a back rest portion hinged to said seat portion;
6 a calibrated adjustment lever for setting the seat
7 portion at one of a plurality of preselected positions at
8 different distances from the base portion of said support frame;
9 the end of said back rest portion connected to said
10 seat portion moving along with said seat portion to bring said
11 back rest portion towards a vertical position;
12 a pair of opposing levers connected together at one
13 end, said levers having supports thereon for supporting weights;
14 and
15 handles mounted on the other ends of said levers for
16 use in grasping the levers.

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18 The machine of claim 1 and further including means for
19 selectively adjusting the heights of said levers above the base
20 portion of the support frame.

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22 The machine of claim 1 and further including means for
23 selectively adjusting the lengths of said handles.
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The machine of claim 1 wherein said levers extend away from each other at an angle of approximately 35 degrees.

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The machine of claim 1 wherein said levers are pivotally supported on said frame.

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The machine of claim 1 wherein said levers are connected by means of swivel brackets.

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The machine of claim 1 wherein said handles are removably mounted on said levers with a mount permitting adjustment of the length of the handles and the axial positioning thereof in one of two positions 180 degrees apart.